

# Healthy Swimming

## Six "P-L-E-As" for Protection Against Recreational Water Illnesses (RWIs)

- PLEASE do not swim when you have diarrhea. This is especially important for kids in diapers.
- PLEASE do not swallow the pool water.
- PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.
- PLEASE take your kids on bathroom breaks or check diapers often.
- PLEASE change diapers in a bathroom and not at poolside.
- PLEASE wash your child (especially the rear end) thoroughly with soap and water before swimming.

*for more information visit:  
The Centers for Disease Control  
[www.healthyswimming.org](http://www.healthyswimming.org)*

